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This remarkable statement to which we direct special attention, is from a Tennessee farmer. My age is 63. I suffered intensely from Catarrh 10 years. Had intense headache, took cold easily, had continual roaring and ringing in my ears. My hearing began to fail, and for three years I was almost entirely deaf, and I continually grew worse. Everything I had tried, failed. In despair I commenced to use the Aerial Medication in 1888, and the effect of the first application was simply wonderful. In less than five minutes my hearing was fully restored, and has been perfect ever since, and in a few months was entirely cured of Catarrh. ELI BROWN, Jackboro, Tenn.

Medicines for Three Months' Treatment Free. To introduce this treatment and prove beyond doubt that it is a positive cure for Deafness, Catarrh, Throat and Lung Diseases, I will send sufficient medicines for three months' treatment free. Address, J. H. MOORE, M.D., Cincinnati, O.



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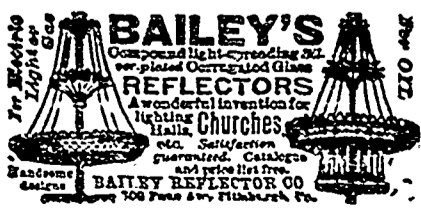
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Men and women forge their own fetters and shackles. They permit themselves to be completely bound and enchained by the common ills of life, and the result is misery and intense suffering.

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The REV DR COCHRANE writes - BRANTFORD, May 23rd, 1895.

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Fresh air and sunlight are indispensable to the healthful bedroom. Alcoves and recesses for beds are objectionable unless there is sufficient space for the free circulation of air all around them.

Protect the mattress by laying over it an old blanket, which is far better than a sheet, because, being woollen, it absorbs perspiration without giving a chill, and also can be aired more easily than cotton.

Physicians claim that sleep is more refreshing in a darkened room, therefore it is best to have inside shades of dark green holland under the ordinary shades. These are more easily adjusted than blinds. It is well to accustom children from infancy to sleep in the dark.

Tomato Toast.—Stew a quart of tomatoes cut into small pieces, until you can smash them smooth with a spoon, and season them with butter, pepper and salt, and pour them over slices of buttered toast.

Gingerbread Pudding.—One quart flour, one pint suet, two teaspoonfuls of baking powder, ginger to taste, one-half pint molasses, four eggs well beaten, milk enough to make a stiff batter. Steam three hours.

Cheap Plum Pudding.—One cup suet, one cup raisins, one cup currants, one cup molasses, one egg, four cups flour, one cup milk, one teaspoon soda, one teaspoon each cloves and cinnamon. Boil or steam three hours.

Fig Pudding.—One-half pound figs, one-half pound suet, one-half pound bread-crumbs, one-half pound sugar, three eggs, a little nutmeg and salt; mince figs, suet and bread crumbs nicely; add the other ingredients. Boil two hours in well-buttered mould; serve with butter and sugar or sauce.

Cocoanut Pudding.—One cup bread crumbs, one cup grated cocoanut, one quart milk, one-half cup sugar, four eggs, keeping whites of two for frosting; stir all together in a kettle, set in boiling water until it thickens, then pour in a dish; beat the whites well, add a little sugar and pour over the pudding; set in the oven to brown.

Bread Pudding.—Soak one pint bread crumbs in milk one hour, then squeeze to a pulp; mix well with one gill of milk; add three tablespoons sugar, one quarter pound raisins, one quarter pound butter, melted, yolks four eggs; then beat whites to a froth and mix with rest; turn the mixture into a dish. Bake about forty minutes; serve with wine sauce hot or cold to suit the taste.

Sponge Cake Pudding.—Two eggs, one cup sugar, one-half cup cold water, one and one quarter cups of flour, one teaspoon soda, two teaspoons cream tartar; line a dish with the cake, and make a custard, using only the yolks of the eggs, and pour over this and bake; then take from the oven, and spread over with jelly; beat the whites of the eggs to a froth, spread over the top and brown.

Apple and Tapioca Pudding.—Soak over night one cup tapioca in three cups water; in the morning fill your pudding dish half full of apples, pared, cored and quartered; spread over them plenty of sugar, then the soaked tapioca; add a little hot water, cover and bake till the apples are soft; then make a meringue of the whites of three eggs, three teaspoons sugar; spread over top of pudding and brown. Serve with cream and sugar or boiled custard.

Old Virginia Ketchup.—Take one peck of green tomatoes, half a peck of white onions, three ounces of white mustard seed, one ounce each of allspice and cloves, half a pint of mixed mustard, an ounce of black pepper and celery seed each, and one pound of brown sugar, writes Eliza R. Parker in an article on "Some Paucient Ketchups," in the July Ladies' Home Journal. Chop the tomatoes and onions, sprinkle with salt and let stand three hours; drain the water off; put in a preserve kettle with the other ingredients. Cover with vinegar, and set on the fire to boil slowly for one hour.

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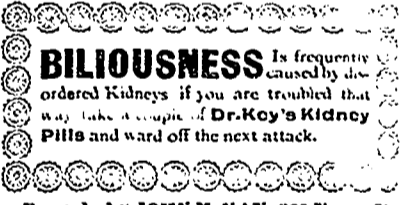
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